



# Senior NEWS

301-258-6380

March 2007



## The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.



**Thank You!!**

### Volunteer Appreciation Dinner

**Tuesday, March 27**

**5 – 8 p.m.**

To all our generous volunteers: Please check in with Yoland at 301-258-6380 or drop by the front desk so we can reserve a lovely dinner, entertainment and a large dose of gratitude for you. Carpooling is encouraged.

**Deadline: Tuesday, March 20**

## Senior Prom

**Thursday, April 12**

**6 – 9 p.m.**

**15800 Quince Orchard Rd., Gaithersburg**



Once again we are invited to dine and dance with the young gentlemen and ladies of Quince Orchard and Poolesville high schools.

There is no fee;

however **you must register on the program sheet.** Dress up for the

evening affair and enjoy the lavish attention. Directions will be available to those driving themselves. Van transportation from the Center is available for those who request it, however carpooling and taxi-sharing is encouraged.

### *“Love Duets”*

**By Elona Dulaski and Donato Serrano**

**Monday, March 12 at 12:45 p.m.**

A pair of classically trained vocalists will sing lighthearted musical theater and international love songs.



**Irish Music by “Tasker’s Chance”**

**Friday, March 16**

**12:45 p.m.**

Three bonnie lassies will play songs from the Emerald Isle. Come listen to lyrical vocals and traditional reels.

### **Holi Festival (Festival of Colors)**

**Tuesday, March 6**

**12:45 p.m.**

In India there is a special day to welcome Spring with splashes of color and piles of finely ground pigments. We will learn about the holiday and eat some tasty sweets.

### **Mark Your Calendar**

<b>APRIL 11</b>	Medieval Times
<b>APRIL 12</b>	QOHS Senior Prom
<b>APRIL 16</b>	Trip to Marine Corps Museum
<b>APRIL 20</b>	DHS Senior Senior Dance
<b>APRIL 26</b>	Trip to Mt. Vernon
<b>APRIL 29</b>	Trip to Folger Library
<b>MAY 16</b>	Fun and Fit Fest

# DIRECTOR'S UPDATE

Dear Members,

Well, it's been fun, but enough with the snow and boulders of ice, time to bring out our cottons and pack away our woolies! Clocks move forward on Sunday, March 11 and the first official day of spring is Wednesday, March 21.

I am also happy to say that my first anniversary at the Center will be March 30. It has been a rewarding experience, and I am looking forward to the many exciting possibilities this coming year will hold.

The Gaithersburg Upcounty Senior Center is a special place that offers something for everyone. For some it is a place to meet and play cards or catch a game of pool. Others enjoy participating in exercise classes, learning how to paint, or taking a trip. But for everyone it is a way to meet other people, build friendships, feel good and belong.

The need to feel like we belong is important to most of us, but it doesn't always come easy. Several years ago, my husband and I moved to Pittsburg, Pennsylvania with our one year old daughter. It was during the coldest of winters, and the weather kept everyone inside their houses. This made meeting new people very difficult. Even on the nicer days I couldn't build the courage to knock on someone's door to introduce myself, and no one knocked on mine.

That experience taught me how important it is to do whatever I can to make people feel welcomed. Every new member who joins our Center is looking forward to participating in our activities, to meet other people and to build new friendships. That is what a Senior Center is all about and ours has much of which to be proud.

I have often observed several individuals who go out of their way to welcome and show newcomers around. First impressions mean so much and those efforts make a big difference in helping a new member to feel like they belong. Please continue the hospitality, and if you have the opportunity to meet someone before I do, introduce me and I promise I will do the same for you!

Grace

*P.S. – Please carefully read over this month's newsletter. There are many new programs, lectures, special events and trips that will only happen if you sign up for them on time. Each item has a deadline date listed in the description. We don't want any of these great activities to be cancelled – so sign up soon!*

## MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

## The Senior News is Online!

You can now read the  
Senior News online.  
Visit the City site at  
[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

# WELLNESS PROGRAMS

## Free Private Consultations With Nutritionist Melanie Polk

Wed., March 28

12:30 - 2:30 p.m.

Please pre-register by calling 301-258-6380 or sign up at the front desk. You will be given a 15 minute appointment time slot. Have your dietary questions answered by a professional.



## The Nurse Is In/ Fridays 9 a.m. - 3 p.m.

Sign up that day at the front desk for  
HeartWell patients.  
Blood Pressure screening from 1-2 p.m. only.



*You can meet with the nurse.*

## Join Maggie Wesley

### Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

### Current Events

Thursdays at 11 a.m.

Politics, popular culture, the environment, modern lifestyles...share your thoughts and hopes with fellow world observers.

**Meditation returns on  
Wednesday,  
March 7, 14, and 21 at  
11 a.m.**

## Caregivers Support Group

**New**

1st & 3rd Tuesday of the Month  
2 p.m.

Facilitated by Social Worker Maggie Wesley, the meetings provide help to people of all ages who are caring for spouses, parents, siblings, or friends who are ill. Get the care and support you deserve.



## In Sympathy

Sympathy is extended to the family and friends of Consuelo Delgado who recently passed away.

### Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

**Date:** Wednesday, March 28

**Time:** 10:30 a.m. – noon

## MARCH '07 Activities with Gaithersburg Chapter #5358 of AARP

**Tuesday, March 13  
4 - 8 p.m. Monthly Meeting**

**4 p.m.** Community Service Project. We will be assembling literacy bags with books, educational toys and materials, and a bag of treats for 80 head-start children at three local elementary schools. *Monetary donations for the bulk purchase of gift items for 80 children would be most appreciated.*

**5:30 p.m.** Come for social time and Chef Sia's Turkey Dinner, including drinks and desserts. (\$9).

**6:10 p.m.** Participate in our brief business meeting. Trip registration will continue.

**6:30 p.m.** Irv Chamberlain will entertain us with his program on the music of Irv-ing Berlin. (free)

*Registration for program and dinner payment is required by 2 p.m. on Mon., March 12.*

### CHAPTER TOUR GROUP:

**March 8: Day Trip to Midway Casino.** Travel with the "Be Yourself Seniors" and the Gaithersburg AARP Chapter. Package includes round trip bus transportation and \$15 to play the slots. (Cost: \$30). Trip departs Churchill Senior Living at 8 a.m. If AARP gets 10 participants we will be picked up at our Senior Center.

**Sept 4 - 9: Annual AARP Conference in Boston.** We will travel together by train, stay in the same hotel, gather for dinner, and evening concerts. You will have choice of many free programs and activities set up by AARP and can go on optional tours offered by AARP (\$682 excluding meals and optional tours).

**Alaska Cruise and Tour** - If you would like to go to Alaska this June or July let us know. We will want to meet to select the date and cruise line to secure the best rates.

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings which are held at the Gaithersburg Senior Center. You are welcome to register a friend for any activity. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Drive, Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

# ACTIVITIES AND CLASSES AT THE CENTER

## March Birthdays



1	June Anderson
1	Thelma Espada
1	Gunjana Giri
1	Farangis Kiani
1	Surjit Singh
3	Saratu Banire
5	Alice Wong
5	Leonor Bikle
5	Chillikkattle Subhash
5	Julius Michaels
6	James Brock
6	MarieRose Paul
6	Jessie Marie Lewis
7	John Bennett
7	Balbir Kaur
9	Else McInnes
10	Kitty Levrio
13	Stella Bahry
14	Jimmie Bussard
18	Beatrice Kleinman
18	Edwina Moore
20	Juanita Lopez
20	Sally Skrab
20	Kusum Lata
21	Evelyn Pizzonia
22	Clevy Ramirez
23	Virginia Fuller
24	Leslie Shapiro
25	Norcie Green
27	Bobbie Dobson
29	Betsy Harward
29	Mohammad Zahedi
30	Benjamin Molina
30	Pam McPherson

*Celebrate March 28*



## Singing Seniors

*Singing Seniors will practice on Wednesday, March 7 and 14.*

## FREE Computer Classes



### TUESDAYS & FRIDAYS

10 a.m. – noon

Bruce Longyear will offer personal attention for beginners or experienced individuals with questions.

### THURSDAYS

10 a.m. – noon

(one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web.

**Sign up at the front desk for these classes.**

*Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.*

## AARP Tax Help

Every Tuesday,  
Appointments ONLY!

If you are interested in setting an appointment for help with your taxes please follow these directions:

1. Sign up **only** if you have **all** your paperwork ready.
2. Register on the program sheet and you will be called to set an appointment time.
3. If you change your mind, please cancel your appointment by calling the Center (301-258-6380)

## Book Discussion Group

Thursday, March 22

2 p.m.

Book: "The Speed of Dark"

Author: Elizabeth Moon

## Damascus Pool Players

Visit

Tuesday, March 13

Noon – 4 p.m.



## Yoga Adapted for Seniors \*

Dates: Tuesdays, April 3 - June 19 (12 sessions)

Time: 11 a.m. Fee: \$30

Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance. **Minimum: 10 Maximum: 25**

## Genealogy

Date: Monday, March 12

Time: 11 a.m. Fee: \$8

No matter what the religion of your ancestors, learn how to research them in the records of the Church of Jesus Christ of Latter Day Saints (Mormons). Feel free to join Judith Mostyn White's class even if you missed earlier classes.

**Minimum: 6**

**Maximum: 12**

## "Core and More"

Mondays

2 p.m.



Fridays

3 p.m.

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

# CLASSES

**\* Late joiners are welcome!**  
(see program sheet)

## Ballroom Dancing

### Beginning

**Dates:** Tuesdays, March 6 - April 10 (No class on 4/3)

**Time:** 3 p.m.

**Fee:** \$25 (five sessions)

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

**Maximum:** 14

### Intermediate

**Dates:** Tuesdays, March 6 - April 10 (No class on 4/3)

**Time:** 2 p.m.

**Fee:** \$25 (five sessions)

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

**Maximum:** 14

## Quilting Fridays

**FREE**

1 p.m.

Share experience, materials and ideas.

## Intermediate Pottery



**Dates:** Wednesdays,

April 11 - June 6

(eight sessions)

**Time:** 10 a.m.

**Fee:** \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

**Minimum:** 6

**Maximum:** 8

No class on Wed., May 16

## Beginning English



**Dates:** Tuesdays

**Time:** 11 a.m.

Instructor Lisa Bonvillain will help those with a desire to learn English.

**Minimum:** 10 **Maximum:** 20

Free

## NEW -- Level Two English

**Dates:** Tuesdays

**Time:** 12:30 p.m.

Grammar and conversation help for those ready to advance to intermediate English.

Free

## F.Y.I.

❖ Supportive shoes should be worn in all fitness and dance programs!

❖ Please put your name in or on your coats and canes to help avoid confusion and help us return lost items.

## Knitters and Cross-Stitchers!

Meet in the lecture room on Tuesdays at 9 a.m. Bring materials and experienced members will help you along.

## Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

## "Ritmo Latino"



Thursdays at 11 a.m.

Move with Olympia Huff to Latin rhythms.

Free

## Crafts for Children's Inn at NIH

Tuesday, March 13

12:30 p.m.

Join us for an hour of crafts designed to bring a smile to a child undergoing medical treatment while staying at the Children's Inn at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions. Supplies are provided.

*The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.*

## WEIGHT TRAINING

**Dates:** Wednesdays, April 4 - June 27

No class on May 16.

**Time:** 1 p.m.

**Fee:** \$12 (twelve sessions)

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

**Minimum:** 10

**Maximum:** 20

## STABILITY BALL

**Dates:** Thursdays, April 5 - June 21

**Time:** 10:30 - 11:30 a.m.

**Fee:** \$12 (12 sessions)

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.





The Gaithersburg Upcounty Senior Center

# MARCH 2007

[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)



Gaithersburg

A CHARACTER COUNTS! CITY

301-258-6380

## Calendar of Events

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

### NEW Off-Site Classes:

**Tuesdays** WATERCOLOR 9:30 a.m. Youth Center at Robertson Park  
**Tues./Thu.** TAICHI 11 a.m. Activity Center at Bohrer Park

The Senior Center will close when Montgomery County Public Schools are closed because of bad weather. If the schools have a late opening the Senior Center will be open; however there will be no City or County transportation provided.

**1**

8:30am Longevity Stick  
 9am Energize  
 9:30am Poker  
 10am Chair Exercise  
 10am Stability Ball  
 11am Ritmo Latino  
 11am Internet  
 11am Stroke Support  
 11am Current Events  
 12:30pm Bridge  
 12:45pm Hispanic Book Club

**2**

9am Exercise  
 10am Exercise  
 10 am Computer Help  
 10:30am Watercolor  
 12:50pm Bingo  
 1pm Quilting  
 3pm Core and More

*Nurse is In  
 9 a.m. - 3:00 p.m.*

**3**

**4**

**5**

9am Exercise  
 10am Exercise  
 11am Step 2 Music  
 12:30pm Mah Jongg  
 12:30pm Int. English  
 12:45pm Senior Council  
 12:50pm Bingo  
 2pm Book Club  
 2pm Embroidery  
 2pm Core and More

**6**

8:30am Longevity Stick  
 9am Energize  
 9am Cross Stitch/Knit  
 9:30am Poker  
 10am Computer Help  
 10am Chair Exercise  
 11am Beg. English  
 11am Yoga  
 12:30pm Int. English  
 12:30pm Bridge  
 1pm Mah Jongg  
 2pm Caregivers  
 2pm Int. Ballroom  
 3pm Beg. Ballroom

**Holi Festival**

**7**

9am Exercise  
 10am Exercise  
 10am Int. Pottery  
 11am Step 2 Music  
 11am Singing Seniors  
 11am Meditation  
 2pm Bereavement  
 1pm Weight Training  
 1pm Crochet

**8**

8:30am Longevity Stick  
 9am Energize  
 9:30am Poker  
 10am Chair Exercise  
 10am Stability Ball  
 11am Ritmo Latino  
 11am Internet  
 11am Stroke Support  
 11am Current Events  
 12:30pm Bridge  
 12:45pm Hispanic Book Club

**9**

9am Exercise  
 10am Exercise  
 10 am Computer Help  
 10:30am Watercolor  
 12:50pm Bingo  
 1pm Quilting  
 3pm Core and More

**Glen Echo  
 History Tour**

*Nurse is In  
 9 a.m. - 3:00 p.m.*

**10**

**11****12**

9am Exercise  
 10am Exercise  
 11am Step 2 Music  
 11am Genealogy  
 12:30pm Mah Jongg  
 12:30pm Internal Light  
 12:50pm Bingo  
 2pm Embroidery  
 2pm Core and More

*"Love Duets"  
 performance*

**13** **Damascus visits**

8:30am Longevity Stick  
 9am Energize  
 9am Cross Stitch/Knit  
 9:30am Poker  
 10am Computer Help  
 10am Chair Exercise  
 11am Beg. English  
 11am Yoga  
 12:30pm Bridge  
 12:30pm Children's Inn  
 12:30pm Int. English  
 1pm Mah Jongg  
 2pm Int. Ballroom  
 3pm Beg. Ballroom

**14**

9am Exercise  
 10am Exercise  
 10am Int. Pottery  
 11am Step 2 Music  
 11am Singing Seniors  
 11am Meditation  
 12:45pm Restorative  
 Denistry Lecture  
 1pm Crochet  
 1pm Weight Training  
 2pm Bereavement

**15**

8:30am Longevity Stick  
 9am Energize  
 9:30am Poker  
 10am Chair Exercise  
 10am Stability Ball  
 11am Ritmo Latino  
 11am Internet  
 11am Stroke Support  
 11am Current Events  
 11am "Credit Card  
 Fraud" Lecture  
 12:30pm Bridge  
 12:45pm Hispanic Book  
 Club  
 1pm Coffee Klatch

**16**

9am Exercise  
 10am Exercise  
 10am Computer Help  
 10:30am Watercolor  
 12:50pm Bingo  
 1pm Quilting  
 3pm Core and More

**Taskers's  
 Chance  
 perform**

*Nurse is In  
 9 a.m. - 3:00 p.m.*

**17**

*National Press  
 Club Trip*

**18****19**

9am Exercise  
 10am Exercise  
 11am Step 2 Music  
 12:30pm Mah Jongg  
 12:30pm Internal Light  
 12:50pm Bingo  
 2pm Embroidery  
 2pm Core and More

**20**

8:30am Longevity Stick  
 9am Energize  
 9am Cross Stitch/Knit  
 9:30am Poker  
 10am Computer Help  
 10am Chair Exercise  
 11am Beg. English  
 11am Yoga  
 12:30pm Bridge  
 12:30pm Int. English  
 1pm Mah Jongg  
 2pm Caregivers  
 2pm Int. Ballroom  
 3pm Beg. Ballroom

**21**

9am Exercise  
 10am Exercise  
 10am Int. Pottery  
 11am Step 2 Music  
 11am Irish Sing-A-Long  
 11am Meditation  
 1pm Crochet  
 1pm Weight Training  
 2pm Bereavement

*Golden Aires Dance  
 at Damascus Senior  
 Center*

**22**

8:30am Longevity Stick  
 9am Energize  
 9:30am Poker  
 10am Chair Exercise  
 10am Stability Ball  
 11am Ritmo Latino  
 11am Internet  
 11am Stroke Support  
 11am Current Events  
 12:30pm Bridge  
 12:45pm Hispanic Book  
 Club  
 2pm Book Discussion

**23**

9am Exercise  
 10am Exercise  
 10am Computer Help  
 10:30am Watercolor  
 12:50pm Bingo  
 1pm Quilting  
 3pm Core and More

*Nurse is In  
 9 a.m. - 3:00 p.m.*

**24****25****26**

9am Exercise  
 10am Exercise  
 11am Step 2 Music  
 12:30pm Mah Jongg  
 12:30pm Internal Light  
 12:50pm Bingo  
 2pm Embroidery  
 2pm Core and More

**27** *Volunteer  
 Appreciation  
 Dinner*

8:30am Longevity Stick  
 9am Energize  
 9am Cross Stitch/Knit  
 9:30am Poker  
 10am Computer Help  
 10am Chair Exercise  
 11am Beg. English  
 11am Yoga  
 12:30pm Bridge  
 12:30pm Int. English  
 1pm Mah Jongg  
 2pm Int. Ballroom  
 3pm Beg. Ballroom

**28**

9am Exercise  
 10am Exercise  
 10am Int. Pottery  
 10:30am Blood Pressure  
 11am Step 2 Music  
 12:30pm Nutrition  
 Consultations  
 1pm Crochet  
 1pm Weight Training  
 2pm Bereavement



*Birthday  
 Celebration*

**29**

8:30am Longevity Stick  
 9am Energize  
 9:30am Poker  
 10am Chair Exercise  
 10am Stability Ball  
 11am Ritmo Latino  
 11am Internet  
 11am Stroke Support  
 11am Current Events  
 12:30pm Bridge  
 12:45pm Hispanic Book  
 Club

**30**

9am Exercise  
 10am Exercise  
 10am Computer Help  
 10:30am Watercolor  
 12:50pm Bingo  
 1pm Quilting  
 3pm Core and More

**Lunch Bunch to  
 Mealey's**

*Nurse is In  
 9 a.m. - 3:00 p.m.*

**31****31**

# ACTIVITIES AND TRIPS

## Trip to the New National Museum of the Marine Corps Lunch in Historic Occoquan

**Date:** Monday, April 16

**Depart:** 8:30 a.m. **Return:** 4 p.m.

**Fee:** \$21 (includes transportation, museum, soup, sandwich, dessert, soft drink and tip)

**Deadline:** Monday, April 2

Museum's soaring design evokes the image of the flag-raisers of Iwo Jima and beckons visitors to world-class interactive exhibits and artifacts of Marines in action. Lunch will be at the Garden Kitchen in a riverfront village that dates back to 1804. Menu choices are on the program sheet. Stroll into shops and museums after lunch. Meet to depart at 3 p.m.

**Minimum:** 20 **Maximum:** 33



## Luncheon and Tour of National Press Club

**Wash., DC** **FULL**

**Date:** Saturday, March 17

**Depart:** 9:45 a.m.

**Return:** 2:30 p.m.

**Dress code:** Business casual (no shorts, jeans, or tee shirts)

## 'Tis a Sing Along with the Singing Seniors

**Wednesday, March 21**

**11 a.m.**

Betty O'Sewell will lead us in songs from Ireland and afterwards we'll have a traditional Irish lunch through the Nutrition Program.

## Easter Hat Parade Monday, April 9

**11 a.m.:** Make hats

**12:45 p.m.:** Hat show

If you don't still have a grand floral hat to model...make one with us earlier at 11 a.m.! We will supply some flowers, netting and ribbon. Please bring your own hat to decorate and extra embellishments to share. Prizes will be awarded for elegance, humor, originality, international theme, and color. Please register on the program sheet if you will be making a hat.

## Middle Eastern Dance Demonstration

*featuring Amina Kamal*

**Monday, April 2 at 1 p.m.**

Raqs Sarqi or belly dance, has roots in all ancient cultures from the Orient to the mid-East. Historically this dance has been performed by women, for women at parties or rituals to celebrate a young female's preparation for marriage. Amina will show us many varieties of folk dances, sword dances and fusion.

## Glen Echo History Tour and Lunch at the Listrani's Italian Gourmet Pizzeria & Restaurant, Wash., DC

**Date:** Friday, March 9

**Depart:** 9:30 a.m. **Return:** 3:30 p.m.

**Fee:** \$6 (includes transportation, movie and tour)

**Deadline:** Thursday, March 8

We will get a private showing of "Glen Echo on the Potomac" an hour long history of the park from National Chautauqua Assembly in 1891 through its years as a premier amusement park. The film contains footage of the old rides, games, dance band era, crystal pool spa, as well as the civil rights protests that led to the eventual integration of the facility in 1961. Following the movie, Ranger Joe Burns will show us several of the buildings and the carousel. For lunch, order from the menu and pay in cash. **Lots of walking.**

**Minimum:** 15 **Maximum:** 24





## ACTIVITIES AND TRIPS

### *Lunch Bunch*

#### *Mealey's*

8 Main Street, New Market, MD

**Date:** Friday, March 30

**Depart:** 10:45 a.m.

**Return:** 3 p.m.

**Fee:** \$32 (includes transportation, salad, fresh rolls, entrée, desert, beverages and tip)

**Deadline:** Thurs. March 22 (cancelled if minimum not met)

Since 1793 Mealey's has offered quality dining in a relaxed historic atmosphere. After lunch we will be free to visit the many antique and specialty shops in charming New Market. Meet back at the drop off point at 2:15 p.m. to return home. Menu choices are on the program sheet.

**Minimum:** 15    **Maximum:** 25

### *Spirit Cruise to Mount Vernon*

**Date:** Thursday, April 26

**Depart:** 7 a.m.

**Return:** 4:30 p.m.

**Fee:** \$45 (includes bus transportation, cruise, and admission to Mt. Vernon)

**Deadline:** Monday, March 19 (Trip cancelled if minimum not met)

We'll set sail down the Potomac at 8:30 a.m. with a narrated riverfront tour. Concessions are available. At 10 a.m. we'll dock and walk up to the mansion for a tour. After walking through the estate and gardens we'll head to the food court for lunch. There are two new facilities to explore: The Ford Orientation Center and the Donald W. Renolds Museum and Education Center. Meet at the front gate at 3 p.m. to return by bus.

**Lots of walking.**

**Minimum:** 20

**Maximum:** 33



#### **Dance with the Big Band**

*"The Golden Aires"* Damascus Senior Center

**Date:** Wednesday, March 21

**Depart:** 12:30 p.m.    **Return:** 3 p.m.

**Fee:** \$4 (bus transportation)

**Deadline:** Monday, March 19

We've been invited to an afternoon dance and social gathering by our neighbors to the north.

**Minimum:** 15    **Maximum:** 33

#### **Medieval Times**

Arundel Mills, MD

**Date:** Wednesday, April 11

**Depart:** 9 a.m.

**Return:** 2:30 p.m.

**Fee:** \$48 (includes transportation, show, feast and tip)

**Deadline:** Monday, March 19  
(Trip cancelled if minimum not met)

Step back to the Middle Ages and become a noble guest in the King's Great Hall. Cheer your valiant knight during the tournaments performed on Andalusian stallions. Serfs and wenches serve your feast 11<sup>th</sup> century style (no flatware) so dress in washable clothes. Strobe lights and air-born allergens are present.

**Minimum:** 20

**Maximum:** 24



## LECTURES

### **Restorative Dentistry**

**By Dr. Chitra Ghafari, DDS**

**Wednesday, March 14 at 12:45 p.m.**

Dr. Ghafari is an expert in cosmetic and reconstructive dentistry. Learn everything you wanted to know about implants, bridges and partial dentures. She is multi-lingual including Spanish, French and Farsi. Sign up on the program sheet.

### **"It Really is Too Good To Be True"**

**By Harbour Partesotti, Attorney**

**Thursday, March 15 at 11 a.m.**

Learn how to protect yourself, your savings, and your credit from telemarketing scams, lottery scams, work-at-home offers, and vacation offers. Learn to recognize and avoid entering into them and potential options for getting out of the bad deal. Free services are available from the Senior Legal Hotline and the Montgomery County Legal Services for Seniors Program.

# SUPPORT SERVICES

## Legal Services

Legal Services are available free to seniors, age 60 and older. Legal Aid Bureau services include: Medicare, Medicaid and Social Security; evictions, public housing; services for homebound and individual's rights and other legal issues. Call 301-927-6800 on Tuesdays and Thursdays between 9 a.m. and noon only.

***For assistance with wills, call 301-279-9100 and ask for the Low-Income 60-Plus Will Program.***

## Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Also see page 3 for support group. Call 301-258-6380.

## F.Y.I.

Please call in requests for the following day's transportation and lunch **EVEN IF** we are closed.

## Senior Information and Assistance

**Carol Smith** is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms! Sponsored by Dept. of Health and Human Services. Call 301-258-6380 for an appointment.

## Internal Light

**Monday, March 12 & 26  
12:30 p.m.**

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision. For information call 301-881-0100 x 6748.



## Bad Weather Closing Policy

The Senior Center will close when Montgomery County Public Schools are closed because of bad weather. If the schools have a late opening the Senior Center will be open; however there will be no City or County transportation provided.

## Bereavement Group

This group meets at the Center every Wednesday afternoon from **2 - 3:30 p.m.** The self-help group, facilitated by volunteers of Hospice Caring, Inc., offers mutual support in coping with grief following the death of a spouse.

## Senior Nutrition Program



Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed. The

full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

*Guests younger than 60 must pay the full cost of the meal!*

## "Book Club" for Individuals with Aphasia

**NEW Time**

**Monday, March 5  
2 p.m.**

Fee: \$30

Call 240-475-8786 for info.

## Stroke Folks

**Date:** Thursdays

**Time:** 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

# Noticias de Mucho Interes para los Seniors de Habla Hispana

**“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”**

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	28 de marzo	12:45 p.m.
Tomarse la Presión	28 de marzo	10:30 a.m.

## CLASE DE INGLES PARA PRINCIPIANTES

**Día:** martes

**Gratis!** Hora: 11 a.m.

## INGLES - NIVEL II

**Día:** martes

**Hora:** 12:30 p.m.

**Costo:** gratis

## RITMO LATINO

**Día:** jueves **Hora:** 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con saber Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. !No se lo pierda!

## DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO:

**VENCIENDO**

**LAS**

**PREOCUPACIONES**

**Por los Autores:** George y Helen Jesze

**Día:** Jueves

**Hora:** 12:45 – 1:45 pm

**Dirigido por:** Luz Maria Freytes

Nos reunimos una vez por semana a leer un capítulo del libro, y después discutimos nuestras opiniones y como poder encontrar las soluciones a los problemas diarios.

Es muy interesante. No se lo pierda!

## FESTIVAL DE COLORES

**Día:** martes 6 de marzo

**Hora:** 12:45 p.m.

En India hay un día especial para darle la bienvenida a la Estación de Primavera con colores alegres. En este día aprenderemos más acerca de este festival y también nos deleitaremos saboreando algo típico del país.

## CENA EN HONOR A LOS VOLUNTARIOS

**Día:** martes 27 de marzo

**Hora:** 5 a 8 p.m.

**Fecha de vencimiento:** martes 20 de marzo

Esta cena es en honor a nuestros maravillosos voluntarios. Por favor regístrese con Yolanda. Habrá entretenimiento y una enorme dosis de gratitud para usted. No se proveerá transportación. Por favor traten de compartir la transportación con personas que tienen vehículos ó familiares.

## BAILE DE GALA PARA PERSONAS DE MAYOR EDAD

Escuela Secundaria de Quince Orchard

15800 Quince Orchard Rd.

Gaithersburg, MD

**Día:** jueves 12 de abril

**Hora:** 6 a 9 p.m.

Las Escuelas Secundarias de Quince Orchard y Poolesville les invitan cordialmente a asistir al baile de gala. Este evento es gratis, pero por favor regístrese en la hoja del programa. Se proveerá transportación del Centro a la Escuela de Quince Orchard.

MUSICA DE IRLANDA

## POR EL GRUPO OPORTUNIDAD TASKER'S

**Día:** viernes 16 de marzo

**Hora:** 12:45 p.m.

Tres chicas alegres interpretarán música de la Isla de la Esmeralda. Venga y disfrute de líricos vocales y danza tradicional.

## PARTICIPE CANTANDO CON LOS SENIORS CANTANTES

**Día:** miércoles 21 de marzo

**Hora:** 11 a.m.

Betty O'Sewell les enseñará a cantar canciones de Irlanda, y después tendremos el almuerzo tradicional Irlandés.

## RECONSTRUCCION DENTAL

Por la Dentista Chitra Ghafari

**Día:** miércoles 14 de marzo

**Hora:** 12:45 p.m.

La Doctora Ghafari es experta en reconstrucción dental y cosmética. Participe y aprenda todo lo que usted ha deseado saber sobre implantes, puentes y dentadura parcial. Ella es bilingüe y habla Español, Francés y Farsi.

## BANDA LOS AIRES DE ORO

Centro Para Personas Mayores de Damascos

**Día:** miércoles 21 de marzo

**Salida:** 12:30 p.m. **Retorno:** 3 p.m.

**Costo:** \$4 (solamente la transportación)

**Fecha de vencimiento:** lunes 19 de marzo

El Centro de Damascos les ha invitado a una tarde de danzas y socialización.

**Mínimo:** 15

**Máximo:** 33

## DESFILE DE SOMBREROS DE PASCUA

**Día:** lunes 9 de abril

**Hora:** 11 a.m. se harán sombreros si lo desea

**Hora del desfile:** 12:45 p.m.

Si no tiene un sombrero para modelarlo, puede hacer uno en el Centro a las 11 a.m. El Centro le obsequiará el listón y flores, pero usted traiga su sombrero para decorarlo. Tendremos premios para el sombrero más original, elegante, humoroso y colorido. Por favor regístrese en la hoja del programa.

## DEMOSTRACION DE DANZA DEL MEDITERRANEO

*Por Amina Kamal*

**Día:** lunes 2 de abril

**Hora:** 1 p.m.

Raqs sarqi o danza de la cintura tiene raíces en toda la cultura desde el Oriente hasta el lado Mediterráneo. Históricamente esta danza no ha sido instruida para entretener a hombres como se cree, pero para preparar a las damas durante el cortejo mientras se preparan para su matrimonio. Amina nos demostrará una variedad de danzas folklóricas, danzas de fusión y de espada.

**Gaithersburg  
City Officials**

*Mayor*  
**Sidney A. Katz**

*Council Vice President*  
**Stanley J. Alster**

*Council Member*  
**Geri Edens**

*Council Member*  
**Henry F. Marraffa, Jr.**

*Council Member*  
**John B. Schlichting**

*Council Member*  
**Michael A. Sesma**

*City Manager*  
**David B. Humpton**



**Gaithersburg Upcounty  
Senior Center Staff**

*Director*  
**Grace Whipple**

*Program Coordinator*  
**Denise Mornini**

*Recreation Assistant*  
**Olympia Huff**

*Administrative Secretary*  
**Yoland Bastian**

*Receptionist*  
**Gloria Sichelman**

*Custodian*  
**Andres Castillo**

*Newsletter Layout/Design*  
**Karen Simms**

*Bus Driver*  
**Sherri Schwartz**

**Gaithersburg Upcounty Senior Center  
80A Bureau Drive  
Gaithersburg, MD 20878-1431**



# Classes and Programs for MARCH 2007

(For Office Use Only)

Processed \_\_\_\_\_

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Street \_\_\_\_\_ City/St./Zip \_\_\_\_\_

*Registration begins March 5, 2007 at 11 a.m.*

ACTIVITY #	EVENT	DATES	FEE
21950	Intermediate Pottery ( <b>no class May 16</b> )	April 11 – June 6	\$8
21645	AARP Tax Help	(By appointment)	N/A
21953	Book Club	March 5	\$30
21951	Beginning Ballroom Dance ( <b>no class April 3</b> )	March 6 – April 10	\$25
21952	Intermediate Ballroom Dance ( <b>no class April 3</b> )	March 6 – April 10	\$25
21700	Genealogy	March 12	\$8
21947	Yoga Adapted for Seniors	April 3 – June 19	\$30
21948	Weight Training ( <b>no class May 16</b> )	April 4 – June 27	\$12
21949	Stability Ball	April 5 – June 21	\$12
21944	Restorative Dentistry	March 14	N/A
21943	Easter Hat Parade <input type="checkbox"/> Hat decorating	April 9	N/A
21939	Glen Echo History Tour	March 9	\$6
21694	Luncheon and Tour of National Press Club	March 17	\$22
<input type="checkbox"/> Turkey club sandwich <input type="checkbox"/> Smoked Salmon on bagel <input type="checkbox"/> Sirloin burger <input type="checkbox"/> Caesar salad			
21945	Big Band "The Golden Aires"	March 21	\$4
21938	Lunch Bunch to Mealey's	March 30	\$32
<input type="checkbox"/> Chicken Breast Marsala <input type="checkbox"/> Parmesan Crusted Flounder <input type="checkbox"/> Porterhouse Pork Chop <input type="checkbox"/> Vegetarian Penne ala Vodka Pesto			
21698	Medieval Times	April 11	\$48
21911	2007 Senior Citizen Prom		
	<input type="checkbox"/> Check here for transportation	April 12	N/A
21946	Trip to the New Nat'l Museum of the Marine Corps	April 16	\$21
<input type="checkbox"/> Chicken salad sandwich <input type="checkbox"/> Roast beef sandwich <input type="checkbox"/> Vegetarian sandwich			
21697	Spirit Cruise to Mount Vernon	April 26	\$45

**\* If you would like to join a class that has already started ask at the front desk for a pro-rated fee.**

**The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed:** \_\_\_\_\_

**Registrations will not be processed until the 5th of the month!**

Amount Paid \$ \_\_\_\_\_ Cash ☐ Check# \_\_\_\_\_  
 Visa/MC# \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_  
 Signature/Name on card \_\_\_\_\_



## Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐

**Check if you need special accommodations.**

Signature

Date

**Do we have your updated Emergency Contact Information?**

**Name :** \_\_\_\_\_ **Phone:** \_\_\_\_\_